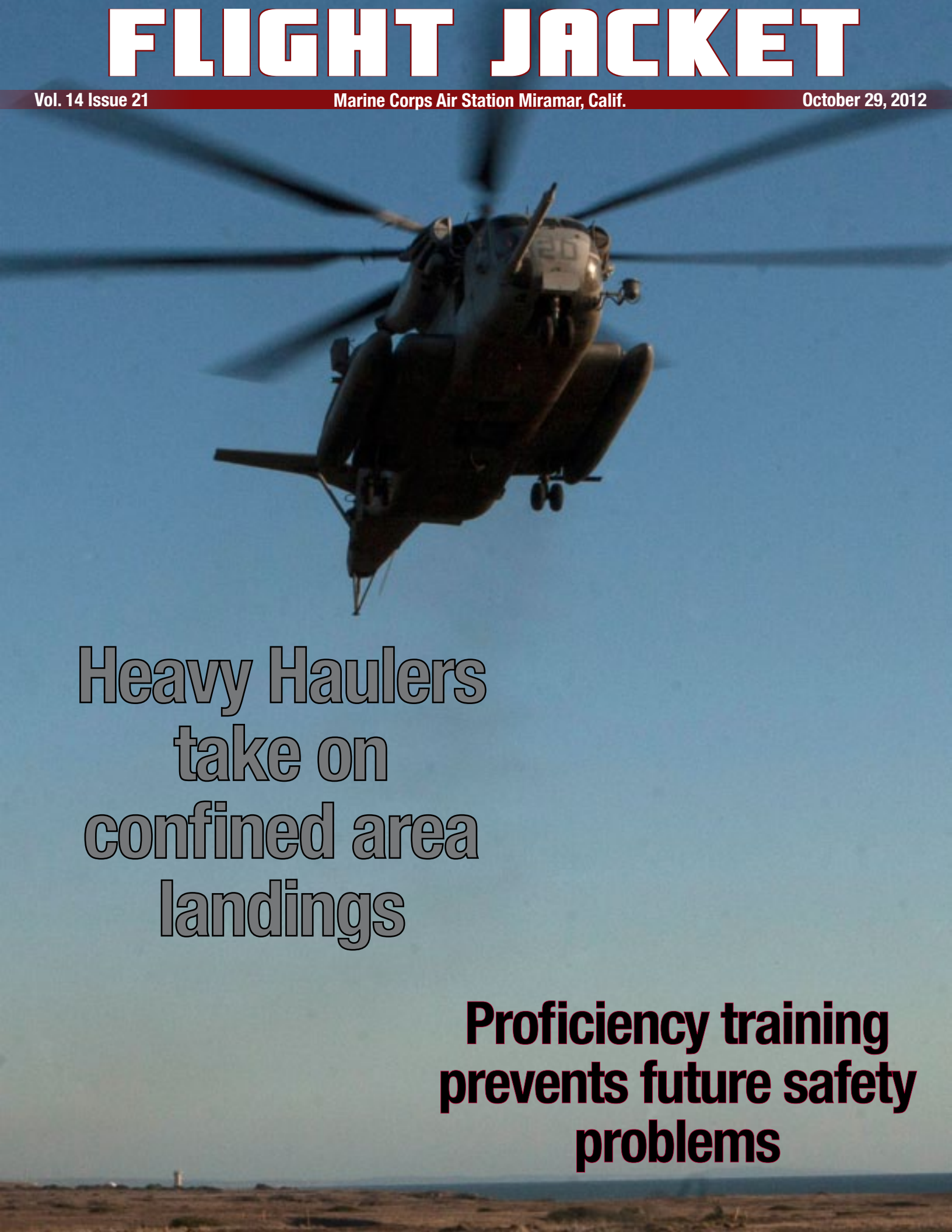


# FLIGHT JACKET

Vol. 14 Issue 21

Marine Corps Air Station Miramar, Calif.

October 29, 2012



Heavy Haulers  
take on  
confined area  
landings

**Proficiency training  
prevents future safety  
problems**





**Station bulk fuel Marines keep fuel flowing, aircraft going**

In addition to providing fuels these Marines must ensure the safety of flight personnel by disarming ordnance and installing blocks under the wheels of aircraft to keep them from rolling away.

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**Falcons win with morale boost by CO**

Falcons win final regular season game taking them into the season playoffs.

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**White Knights support ground training with insertion, extraction exercise**

Marine Medium Tiltrotor Squadron 165 “White Knights,” 3rd Marine Aircraft Wing, supported the 31st Marine Expeditionary Unit in troop insertions and extractions exercise aboard Marine Corps Base Camp Pendleton, Calif., Oct. 25.

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**Maj. Gen. (sel)  
Steven W. Busby**  
Commanding General  
3rd Marine Aircraft Wing



**Col. John P. Farnam**  
Commanding Officer  
MCAS Miramar

**Follow us on**

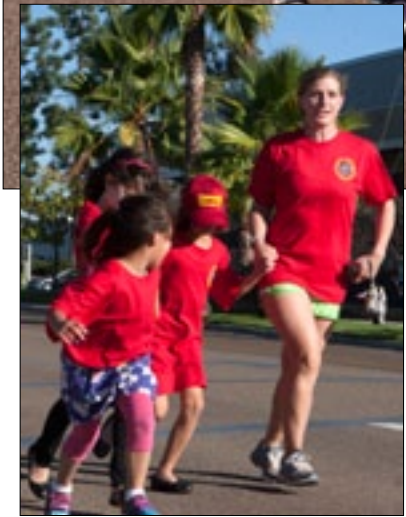


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The editorial content is edited, prepared and provided by the Public Affairs Office. Comments or questions should be directed to 858-577-6000.

**Miramar youth center walks for drug prevention**

Photos by Lance Cpl. Rebecca Eller



Above: Volunteers and children from the Youth Center participate in a drug prevention walk aboard Marine Corps Air Station Miramar, Calif., Oct. 26. The Youth Center held a Red Ribbon drug prevention walk to promote a drug-free lifestyle. Left: First Lt. Chelsea Scott, company commander with Combat Logistics Company 11, lightly jogs with children from the Youth Center aboard Marine Corps Air Station Miramar, Calif., Oct. 26. Volunteers and kids with the Youth Center participated in a drug prevention walk as part of Red Ribbon week to promote a drug-free lifestyle.



Above and right: Volunteers and children with the Youth Center participate in a drug prevention walk aboard Marine Corps Air Station Miramar, Calif., Oct. 26.

**ON THE COVER:**

A CH-53E with Marine Heavy Helicopter Squadron 462, 3rd Marine Aircraft Wing, lands on a designated site aboard Marine Corps Base Camp Pendleton, Calif., Oct. 24. HMH-462 practiced section and single ship confined area landing exercises to stay proficient. (Photo by Lance Cpl. Rebecca Eller)



# Station bulk fuel Marines keep fuel flowing, aircraft going

Story and photos by Lance Cpl. Christopher Johns

Over the course of a busy day, bulk fuel Marines with Marine Corps Air Station Miramar, Calif., can pump more than 40,000 gallons of the precious liquid into aircraft aboard the air station's flight line for various missions.

"We have aircraft taxi into our fuel pits almost every day," said Cpl. Javier Rocha, a line noncommissioned officer with Headquarters and Headquarters Squadron and an El Paso, Texas, native. "Once those aircraft come into our pits, it's our responsibility to see to it they get the fuel they need."

Once the aircraft has come to a complete stop, Marines like Rocha step into the fuel pits to ensure refueling goes smoothly.

"Depending on which aircraft comes to the pits, we know which pit it has to go to," said Rocha. "If we get a CH-53E Super Stallion, whose primary pit is number nine, we know we have to taxi it to that pit. It's the same for all the other aircraft that come here for fueling."

Fuels Marines must also ensure the safety of flight personnel by disarming ordnance and installing blocks under the wheels of aircraft to keep them from rolling away.

"We can't fuel the [aircraft] until all ordnance and are off of it," Rocha explained. "Safety is the biggest concern here for us."

Rocha said the bulk fuel Marines don't actually touch the aircraft itself. The crew chief of the aircraft hooks the fuel hose up to the aircraft. After a crew chief attaches the hose, one bulk fuel Marine pumps

the fuel itself while another mans a water hose called the fire bottle.

"The fire bottle watch position is a first response position," said Rocha. "If the fire isn't out of control, and we can prevent that from happening, we will."

Rocha and his Marines watch for the "thumbs up" from the pilot while fueling, so they know when the aircraft has a full tank.

Once they have the all clear, the grounding wire is taken away, the fuel hose disengaged and rolled away, the aircraft is cleared to taxi away from the pits to carry out the Marine Corps' missions.

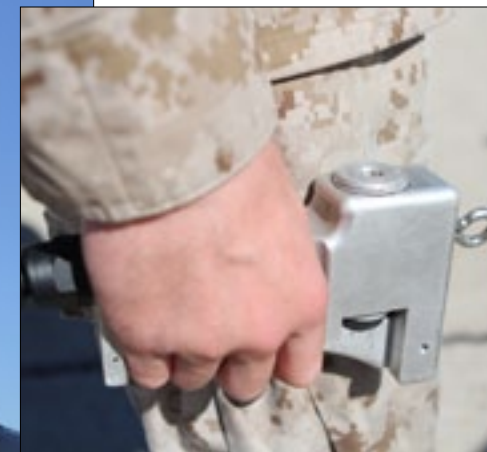
"On a busy day, we can deliver more than 40,000 gallons to the aircraft here aboard the air station," said Sgt. Zachary Vinson, the assistant operations chief for fuels with H&HS and a Caroline County, VA native. "The F/A-18 Hornets typically average at about 1,700 to 1,800 gallons, where the helicopters average at 900 gallons. We also have fuel trucks that take fuel to aircraft holding ordnance or broken aircraft needing fuel to turn on, so mechanics can find the problem."

According to Rocha, bulk fuel can be a thankless and sometimes dangerous job but one that is completely necessary to ensure the Marine Corps has its air support.

"We fuel the fight," said Rocha. "Who else gets to be so close to awesome aircraft and equipment but us, and who else gets to make sure they can do their job at the most basic level - we do."

*Left: Pfc. Efren Diaz, an aviation electrician with Marine Fighter Attack Training Squadron 101 and a Burtonsville, Md., native, attaches a fuel pump to an F/A-18 Hornet on the flight line aboard Marine Corps Air Station Miramar, Calif., Oct. 24. Bulk fuel Marines cannot touch the aircraft to fuel it - it is up to members of that squadron to properly attach the fuel nozzle and ensure it stays attached during fueling.*

*Below: Lance Cpl. Adam Farley, a pump operator with Headquarters and Headquarters Squadron and a Burt, N.Y., native, watches over the refueling of an F/A-18 Hornet on the flight line aboard Marine Corps Air Station Miramar, Calif., Oct. 24. Bulk fuel Marines like Farley take charge once an aircraft enters the fueling area so each aircraft can quickly return to training and support missions.*



*A Marine holds the "dead man" switch on the flight line aboard Marine Corps Air Station Miramar, Calif., Oct. 24. The switch controls the flow of fuel from the pumps to the aircraft.*

*A pilot with Marine Fighter Attack Training Squadron 101 signals that an aircraft has sufficient fuel on the flight line aboard Marine Corps Air Station Miramar, Calif., Oct. 24.*



A CH-53E Super Stallion with Marine Heavy Helicopter Squadron 462, 3rd Marine Aircraft Wing, lands aboard Marine Corps Base Camp Pendleton, Calif., Oct. 24. HMMH-462 practiced section and single ship confined area landing exercises to stay proficient.

# Landing every flight: HMMH-462 CAL training

Story and photos by Lance Cpl. Rebecca Eller

Dust and grass filled the air from the high-speed winds caused by a CH-53E Super Stallion’s rotors with Marine Heavy Helicopter Squadron 462, 3rd Marine Aircraft Wing, while landing on a targeted site aboard Marine Corps Base Camp Pendleton, Oct. 24.

The HMMH-462 Heavy Haulers practiced section and single ship confined area landing exercises to stay proficient. These exercises simulate landing in one of many scenarios overseas.

“Basically you’re landing in a confined area where there may be dangers on either side, and you have to land on the right spot,” said Lance Cpl. Kyle Sercombe, a crew chief with HMMH-462 and a Hanover, Mich., native.

This training prevents landing in a wrong area or possible rollover and is conducted frequently throughout the month.

“It’s important to stay up to date with your training, to stay current and proficient,” said Capt. Meg Bustin, the tool room officer in charge with HMMH-462 and a West Des Moines, Iowa, native. “If you haven’t flown in a while, you could be kind of rusty. It becomes less safe the longer you go without flying.”

When flying next to another aircraft and in close proximity to the ground, Marines need to stay focused and pay attention to what is going on. Pilots and the crew practice to ensure all safety standards are maintained and reinforced, explained Bustin.

After the dust settled, HMMH-462 returned to MCAS Miramar making their final landing for the day and retained the knowledge from the training exercise.



Lance Cpl. Kyle Sercombe, a crew chief with Marine Heavy Helicopter Squadron 462, 3rd Marine Aircraft Wing, and a Hanover, Mich., native, looks out the side of a CH-53E Super Stallion aboard Marine Corps Base Camp Pendleton, Calif., Oct. 24.



Crew chiefs with Marine Heavy Helicopter Squadron 462, 3rd Marine Aircraft Wing, look out the sides of a CH-53E Super Stallion aboard Marine Corps Base Camp Pendleton, Calif., Oct. 24.



A CH-53E Super Stallion with Marine Heavy Helicopter Squadron 462, 3rd Marine Aircraft Wing, lands on a designated site aboard Marine Corps Base Camp Pendleton, Calif., Oct. 24.



Dust and grass fill the air as two CH-53E Super Stallions with Marine Heavy Helicopter Squadron 462, 3rd Marine Aircraft Wing, land aboard Marine Corps Base Camp Pendleton, Calif., Oct. 24.





*Staff Sgt. Carlos Porter, a wide receiver with the Marine Corps Air Station Miramar Falcons runs the ball for a first down during a football game against the Weapons Field Training Battalion Raiders aboard Marine Corps Base Camp Pendleton, Calif., Oct. 16.*

# Falcons win with morale boost by CO

Story and photos by  
Lance Cpl. Melissa Eschenbrenner

Col. John P. Farnam, commanding officer of Marine Corps Air Station Miramar, Calif., gave a motivation speech to the MCAS Miramar Falcons Football team, Oct. 16, prior to their final regular season game versus the Weapons Field Training Battalion Raiders. As the smoke cleared the Falcons flew away with a 13-6 victory. “A victory, a little adversity but you came together as a team,” said Farnam. “Keep playing like you are, keep caring like you are because you are in the playoffs now.”

The referees began making indecisive calls and potentially detrimental calls but that is the coaches job to handle so the players can focus on playing the game successfully, explained Master Sgt. Ross G. Blain, head coach of the Falcons.

“It gets frustrating, but you can’t always control the calls,” said Blain. “It’s my job to mitigate penalties and talk with [referees] so my team can play.”

Despite the adversity, the Falcons earned six more points in the second quarter, holding the lead until the third quarter when the Raiders made a touchdown but had their extra point blocked.

The team has big goals for the upcoming play-off games. The team, like last season, is ready to take the championship title, explain Blaine.

“It was a pleasure to see you all play football,” said Farnam. “I really appreciate being able to watch the game.”

The Falcons’ success will fuel them to keep practicing as hard as possible to ensure their victories in the playoffs. The Marines from MCAS Miramar who play football have the heart to win more than the other teams, added Farnam.



*Sgt. Bryan Mack, a defensive tackle with the Marine Corps Air Station Miramar Falcons tackles the ball carrier during a football game against the Weapons Field Training Battalion Raiders aboard Marine Corps Base Camp Pendleton, Calif., Oct. 16.*



*Col. John P. Farnam, the commanding officer of Marine Corps Air Station Miramar, pumps up the team at half time during a football game aboard Marine Corps Base Camp Pendleton, Calif., Oct. 16.*

# MIRAMAR SPREADS WORD TO HELP PREVENT DOMESTIC VIOLENCE

Story and photo by Lance Cpl. Rebecca Eller

Every nine seconds in the United States a woman is assaulted or beaten. Up to 10 million children witness some form of domestic violence annually. To help prevent these numbers from increasing, Domestic Violence Awareness month is recognized nationally.

Only about 1/8 of domestic violence victims report assaults. To help prevent domestic violence, Marine Corps Air Station Miramar, Calif., is raising awareness.

“A lot of times with people in the military, if they are victims of domestic violence, they have a more difficult time coming forward, because of that military mindset they have of ‘I’m a Marine,’” said Kristin Rhoades, a victim advocate aboard MCAS Miramar.

Anyone can be a victim of domestic violence, regardless of whether the victim is in the military or not.

“People think that it’s usually just the husband beating the

wife,” said Rhoades. “We even see some cases where the female is more of the dominant aggressor.”

There are two types of reporting a victim of domestic violence can take, restricted and unrestricted. If the victim wants the report to remain confidential and does not want a formal investigation, he or she may choose restrictive reporting. If the victim chooses restricted reporting, he or she can talk with a victim advocate, chaplain or health care provider.

“If they want a more formal investigation done, that would be the unrestricted reporting, and in that case they can report to anyone,” said Rhoades.

Every month on the third Wednesday, there is a domestic violence awareness class at the counseling center. If you are a victim of domestic violence or need additional information, call the counseling center at 858-577-7285, and for 24-hour assistance call 858-864-2815.

*Domestic violence awareness buttons are on display at the Marine Corps Air Station Miramar, Calif., Marine and Family Services Counseling Center, Oct. 18. Every month on the third Wednesday, there is a domestic violence awareness class at the counseling center.*





*Left and right: Marines with Marine Wing Headquarters Squadron 3 and members of the Wounded Warriors Project share stories and enjoy food at the Naval Medical Center San Diego, Oct. 16. Marines with MWHS-3 socialized with all the wounded warriors by playing pool and video games.*



# MWHS-3 shows support, appreciation for Wounded Warriors

Story and photos by Pfc. Raquel Barraza

Marines with Marine Wing Headquarters Squadron 3 paid their respect to the Marines and sailors at the Wounded Warriors Project at the Naval Medical Center San Diego, Oct. 16.

"They gave some part of their self to take care of our country," Said Staff Sgt. Scott Bullock, the operations chief with MWHS-3 and a Macon, Ga. Native. "The sacrifice they gave is ultimate, and this is the least we can do to give something back to them."

The Marines and spouses brought homemade food and spent the night connecting and bonding with their fellow service members.

"I think it's pretty cool what we're doing because we get to spend time and share stories with them," said Lance Cpl. Yoana Mora, a fiscal supply clerk with MWHS-3 and a Miami native. "It is an experience I think many Marines don't get and I'm excited to be here with them."

More than 30 Marines with MWHS-3 came out to show their fellow warriors that all their work is appreciated.

"We want to show them that we support them and appreciate all the sacrifices they have made for our country," said Mora.

For some Marines, coming to see these Marines and sailors is an honor to do.

"There is nowhere else I'd rather be," said Bullock. "It's the best feeling in the world to be with these warriors."

Along with servicing dinner, MWHS-3 Marines played pool and video games with the Marines and sailors throughout the night.

"It's good to see the support and that these Marines care for us," said Lance Cpl. Danny Solis, a member of the wounded warriors and Jamaica, N.Y., native.

By the end of the night, all the service members had a full bellies and smiling faces.

**Video created by Lance Cpl.  
Max Pennington**



[Click to watch video](#)



*Top: Cpl. Ashley Arizmendi, an administration non-commissioned officer with Marine Wing Headquarters Squadron 3 and a Houston native, serves food at the Naval Medical Center Sand Diego, Oct. 16. More than 30 Marines with MWHS-3 volunteered to serve food to members of the Wounded Warriors Project and spend time with their fellow service members.*

*Right: Pfc. Marisol Hernandez, left, a supply warehouse clerk with Marine Wing Headquarters Squadron 3 and La Laborcita, Mexico, native plays pool with Seaman Alejandro Moreno, right, a member of the Wounded Warriors Project and Los Angeles native, at the Naval Medical Center San Diego, Oct. 16.*



*Left: A Marine with Marine Wing Headquarters Squadron 3 serves food to Wounded Warriors at the Naval Medical Center San Diego, Oct. 16. Marines and spouses of MWHS-3 made all the food that was brought to serve the wounded warriors.*



# New leader takes charge of Wolfpack



Lt. Col Joseph K. Decapite



Lt. Col Timothy A. Sheyda

Lt. Col. Joseph K. Decapite relinquished command of Marine Heavy Helicopter Squadron 466 to Lt. Col. Timothy A. Sheyda during a change of command ceremony aboard Marine Corps Air Station Miramar, Calif., Oct. 19.

Upon graduation from Kent State University with a Bachelors of Business in finance, Decapite was commissioned as a second lieutenant in December 1993. Decapite reported to The Basic School in Quantico, Va., in March 1994 and graduated in September 1994. Following TBS, he reported to Naval Air Station Pensacola, Fla., and subsequently to Naval Training Squadron 2 and Naval Helicopter Training Squadron 18 for flight training. He was designated a Naval aviator in August 1996 and transferred to Marine Heavy Helicopter Training Squadron 302 aboard MCAS New River, N.C., and was designated as a copilot in the CH-53E helicopter.

Upon completion of training, he was assigned to HMH-461 where he served as the assistant logistics officer, Naval Air Training and Operating procedures standardization officer, aviation safety officer, flight operations officer, squadron weapons and tactics instructor and the assistant operations officer. While attached to HMH-461, Decapite completed two Marine Expeditionary Unit deployments with Marine Medium Helicopter Squadron 266 (reinforced) to the Mediterranean and participated in Operation Shining Hope, Joint Task Force Noble Anvil, and Operation Allied Force in support of Landing Force Sixth Fleet 1-99. At this time, he served as the future operations officer and weapons and tactics instructor. In April 2003, he deployed with HMH-461 as the weapons and tactics instructor to Djibouti, Africa in support of Combined Joint Task Force, Horn of Africa; conducting assault support and Joint Special Operations Task Force missions in Djibouti, Kenya, Ethiopia, Yemen and Eritrea.

In July 2003, he reported to Marine Aviation Training Support Group 21 where he was assigned to Naval Helicopter Training Squadron 8 as an instructor pilot and served as the director of Safety and Standardization and the Operations Officer. Decapite received recognition as the MATSG-21 Helicopter Instructor Pilot of the Year in 2005.

Returning to the Fleet Marine Force in April 2006, Decapite received orders reassigning him to II Marine Expeditionary Force, 6th Marines where he performed duties as the regimental air officer. In December 2006, he deployed with Regimental Combat Team 6 to Fallujah, Iraq, in order to conduct counter-insurgency operations in area of operations Raleigh.

In July 2007, he received orders to Marine Aircraft Group 26, HMH-461 where he assumed duties as the operations officer for a detachment to Djibouti, Africa in support of HOA, OEF. Upon his return from HOA he assumed duties as the HMH-461 executive officer. While executive officer, he deployed twice. The first deployment consisted of an HMH-461 led, first ever Security Cooperation Marine Air Ground Task Force participating in Joint Operations Blue Storm and Lost Horizon, a counter drug operations in Haiti, Dominican Republic and Nicaragua. His second deployment was as the executive officer for the 22nd MEU Aviation Combat Element in support of Operation Unified Response and Joint Task Force Haiti operation in response to the devastating earthquake.

Decapite assumed his current command of HMH-466 in December 2010. Under his charge, the Wolfpack deployed to Helmand Province, Afghanistan in support of OEF and sent a detachment to the 31st MEU. In Afghanistan, the

squadron flew over 4,500 mishap free flight hours, moved over 5 million pounds of cargo, transported over 35,000 personnel and completed over 175 named operations. Based out of MCAS Futenma, Okinawa, Japan, the MEU detachment flew 458.7 hours, moved 1,079 personnel and 184,450 pounds of cargo.

His personal decorations include a Bronze Star, Air Medal Strike/Flight with "V," the Navy and Marine Corps Commendation Medal with two gold stars in lieu of third award, and a Navy and Marine Corps Achievement Medal with a gold star in lieu of second award.

Upon completion of Officer Candidates Course 154, Sheyda was commissioned a second lieutenant in December 1993. After completing TBS with "B Company 94," he proceeded to NAS Pensacola, Fla., for aviation preflight indoctrination and completed primary and intermediate flight training at TS-3 at NAS Whiting Field, Fla.. He was awarded his wings upon completion of advanced flight training at Naval HT-18 and assigned to HMM-302 at MCAS New River, N.C., for training as a CH-53E pilot.

Sheyda's first Fleet Marine Force assignment was to HMH-461, where he served as the squadron adjutant, flight line division officer, weapons and tactics instructor and assistant maintenance officer. During this tour, he deployed with HMM-266 (reinforced), 24th MEU (special operations capable) where he served as future operations officer and participated in Operation Shining Hope, Joint Task Force Noble Anvil and Operation Allied Force in support of Landing Force Sixth Fleet (LF6F) 1-99. Upon completion of Tactical Air Control Party School, he was reassigned as forward air controller for Battalion Landing Team 2/2, 26th MEU(SOC) deploying in support of LF6F 3-00 where he participated in Operation Silent Lance. In January 2003, he was transferred to HMH-464 for combat operations in Iraq. Sheyda served as current operations officer and weapons and tactics instructor, During Operation Iraqi Freedom I.

Following OIF I, he was assigned to Naval Air Systems Command where he served as the United States Marine Corps fleet liaison officer for Strike Planning and Execution Systems (PMA-281).

Returning to the FME, Sheyda served as HMH-466 operations officer and deployed in support of OIF 06-08.1 for combat operations in Iraq. Upon return to the continental United State, Sheyda served as the squadron's director for department of safety and standardization. In July of 2008, he was assigned as the detachment officer-in-charge for the CH-53E detachment supporting the 13th MEU and was transferred to HMM-163 (REIN) where he served as the ACE operations officer. During this assignment, he deployed to Al Asad, Iraq in support of OIF 09-1. Upon return, he assumed duties as HMH-466 executive officer deploying to Camp Leatherneck, Afghanistan in support of OEF.

In 2010, he was reassigned to Headquarters Marine Corps, Programs and Resources, where he served as aviation liaison officer for Program Assessment and Evaluation.

Returning to MCAS Miramar, Calif., he served as operations officer for Marine Aircraft Group 16 until his present assignment.

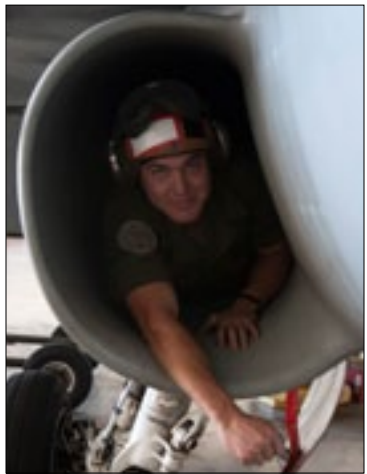
Sheyda's personal awards include the Meritorious Service Medal with gold star, the Air Medal with bronze star, Combat "V" and 14 Strike awards, the Navy and Marine Corps Commendation Medal with gold star and the Navy and Marine Corps Achievement Medal with two gold stars.

# Plane captains: last line of defense

Story and photos by Lance Cpl. Rebecca Eller



*Lance Cpl. Nicholas Levins, an F/A-18 aircraft mechanic with Marine Fighter Attack Squadron 323, 3rd Marine Aircraft Wing and an Issaquah, Wash., native, inspects an F/A-18 Hornet aboard Marine Corps Air Station Miramar, Calif., Oct. 25.*



*Left: Lance Cpl. Nicholas Levins, an F/A-18 aircraft mechanic with Marine Fighter Attack Squadron 323 and an Issaquah, Wash., native, poses inside of an intake of an F/A-18 Hornet aboard Marine Corps Air Station Miramar, Calif., Oct. 25. Below: Levins inspects an F/A-18 Hornet aboard Marine Corps Air Station Miramar, Calif., Oct. 25. Right: Levins poses in front of an F/A-18 Hornet aboard Marine Corps Air Station Miramar, Calif., Oct. 25.*

"You're standing behind the wing next to the engine and the engine is in full afterburner, and you're just like 'Go, go, go,' and it's sucking the life out of you. It's shooting out like a 12 to 15-foot straight flame and it feels like it's sucking you in," said Lance Cpl. Nicholas Levins, an F/A-18 aircraft mechanic with Marine Fighter Attack Squadron 323 and an Issaquah, Wash., native.

Plane captain's inspections are important because they are the last ones to send the pilot off. During a final check of flow, plane captains perform a final inspection on a moving F/A-18 Hornet before flight.

Lance Cpl. Levins is a plane captain and inspects F/A-18 Hornets to ensure they are ready for flight. He inspects the aircraft prior to the pilot coming out, does a walk through with the pilot, and a post-flight inspection once the aircraft returns.

"I love it," said Levins. "This is exactly what I signed on for. It's an epic adventure; no day is not an adrenaline rush."

Because of the magnitude of the job, plane captains must complete several qualifications.

After taking the plane captain qualification test, they must stand before a board, including the executive officer, maintenance officer, pilots and the Marines officer in charge.

"He's getting a lot of quals. He's not being stagnant," said Cpl. Richard Morales, an F/A-18 aircraft mechanic with VMFA-323 and a Lake Topps, Wash., native.

Usually when someone new checks in to a squadron, they are like a deer in headlights, however, Levins was proactive, explained Morales.

Levins says his motivation to learn came from his leadership in his shop. Levins was constantly quizzed on the aircraft, which inspired him to study to try to find something to teach his leaders.

Plane captains perform inspections back-to-back every day, and in a typical job it could be easy to become complacent. However, a plane captain's job is so crucial they must always pay attention to the details.

"You definitely can't get comfortable," said Levins. "Once you're on the flight deck, it's game on. You have to give 110 percent."

Plane captains earn the privilege of having their name on the side of the aircraft along with the pilot, because they are the ones who put in 12-14 hours a day to get the aircraft ready for flight.

"There is a reason why our name is on the aircraft besides the pilot," said Morales "We are held responsible for the integrity of the aircraft."





# Miramar thrift store provides cheap solutions for pricey problems

When cash is tight, children need clothes, service members need new uniform items and spouses need certain odds and ends to make their new homes a better place for the entire family, they have a local place they can go – the Thrift Shop aboard Marine Corps Air Station Miramar, Calif.

“I don’t get to come to the Thrift Shop that often,” said Cpl. Jack Loeb, a central technical publication librarian with Marine Aviation Logistics Squadron 11 and a Longview, Texas, native. “I’ve come here for my uniform items mainly; I would recommend this place to anyone looking for [uniforms] and the like. There is a wide assortment of items you can get here besides uniforms, as well.”

The shop carries everything from children’s toys and clothing to adult clothes, books, electronics, uniforms and much more.

“It’s so rewarding to watch [spouses] come in here and leaving smiling” said Diane Peske, a volunteer with the Navy Marine Corps Relief

Story and photos by Lance Cpl. Christopher Johns

Society and Thrift Shop and a San Diego native. “The wives come here, sometimes with children in tow, money is tight and when I bring the price up and say ‘That’ll be \$8.25,’ the look of relief that shows on their face is just so rewarding.”

The shop is staffed by approximately 25 volunteers and is open to spouses and retirees Tuesdays and Thursdays from 10 a.m. to 1 p.m. Monday through Thursday from 9 a.m. to 1 p.m. service members in uniform are permitted to shop for anything they might need, as well.

“I would encourage Marines, sailors and families to come see us, get what they need for very little and save themselves some stress,” said Peske. “All of the funds we make during the week are used to give back to Marines, sailors and families who need them to make ends meet.”

For more information about MCAS Miramar’s Thrift Shop, please contact (858) 577-5009.



Above: Whitney Mays, a spouse and mother, and a Pensacola, Fla., native comes to the Thrift Shop to look for books to aid her children’s homeschooling by looking through the shop’s stocks aboard Marine Corps Air Station Miramar, Calif., Oct. 10.



Above: Diane Peske, right, and Karen Wallstedt, left, both volunteers with the Navy Marine Corps Relief Society and Thrift Shop and San Diego natives, speak to Donald Dinning, a retired commander and regular at the shop, after making a purchase at the Thrift Shop aboard Marine Corps Air Station Miramar, Calif., Oct. 18. Retired service members are welcome to use the shop, stretch their money a little further and sometimes come to socialize with volunteers.

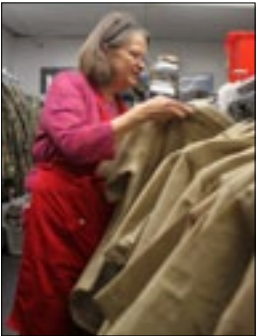


Above: Cpl. Jack Loeb, a central technical publication librarian with Marine Aviation Logistics Squadron 11 and a Longview, Texas native, carries his newly bought trousers as he continues to browse at the Thrift Shop aboard Marine Corps Air Station Miramar, Calif., Oct. 18. The Thrift Shop carries an assortment of uniform items and other miscellaneous items for sale.

## Video created by Lance Cpl. Kevin Crist & Lance Cpl. Christopher Johns



[Click to watch video](#)



Left: Janet Hentz, a volunteer with the thrift shop and a San Diego native, adjust uniforms on a rack for display aboard Marine Corps Air Station Miramar, Calif., Oct. 24. Volunteers work Monday through Thursday to ensure the Marines, sailors and families stationed aboard the air station have access to cheap resources for items they may need - like uniform items.

Below: “One person’s trash is another person’s treasure”, the standing motto for the thrift shop, is displayed on its front counter for all visitors to see aboard Marine Corps Air Station Miramar, Calif., Oct. 24. Thrift shop volunteers encourage those who come in to donate items themselves, creating a cycle of giving and receiving for those in need. If you do not want or need it, just think, someone else might have use for it.



Janet Hentz, a volunteer with the thrift shop and a San Diego native, sorts through donated uniform items at the thrift shop aboard Marine Corps Air Station Miramar, Calif., Oct. 24. Donations to the thrift shop are tax deductible and appreciated as those in need have access to them almost immediately.





Marines with 1st Marine Battalion, 5th Regiment, set up a perimeter during an insertion and extraction exercise aboard Marine Corps Base Camp Pendleton, Calif., Oct. 25. Ground Marines simulate a hostile environment as much as possible to prepare for a real scenario.



Marines with 1st Marine Battalion, 5th Regiment, receive a brief by one of the pilots before an insertion and extraction exercise aboard Marine Corps Base Camp Pendleton, Calif., Oct. 25. Marines with VMM-165 helped support ground Marines with 1st Marine Division, 5th Regiment, in Tactical Rescue of Aircraft Personnel, or TRAP, training.

# WHITE KNIGHTS SUPPORT GROUND TRAINING WITH INSERTION, EXTRACTION EXERCISE

Story and photos by Pfc. Raquel Barraza

MARINE CORPS BASE CAMP PENDLETON, Calif. – Crew chiefs and pilots with Marine Medium Tiltrotor Squadron 165 “White Knights,” 3rd Marine Aircraft Wing, supported the 31st Marine Expeditionary Unit in troop insertions and extractions exercise aboard Marine Corps Base Camp Pendleton, Calif., Oct. 25.

White Knight Marines inserted Infantry Marines with 1st Marine Battalion, 5th Regiment, into a simulated hostile environment for Tactical Rescue of Aircraft Personnel training.

“We have to insert these Marines in a hostile environment in a small zone in the least amount of time,” said Capt. Patrick Johnsen, a pilot with VMM-165 and Mokena, Ill., native.

With the MV-22 Osprey replacing the CH-46 Sea Knight, Johnsen explained how important this training is to ground Marines.

“They need to know how to get in and out of the aircraft and know its capabilities if they are going to complete the mission effectively,” said Johnsen.

The Marines on the ground couldn’t agree more on how important the Osprey is to accomplish the mission.

“The Osprey can take us where some ground vehicles can’t and that’s why it’s so important,” said Lance Cpl. Cody Underwood, an infantry assaultman with 1st Marine Division, 5th Regiment and an Albia, Iowa, native.

By practicing these insertions and extractions, Marines and pilots of VMM-165 ensured that ground Marines are where they are needed whether in training or in combat.



Top: An MV-22 Osprey with Marine Medium Tiltrotor Squadron 165, 3rd Marine Aircraft Wing, lands after an insertion and extraction exercise aboard Marine Corps Base Camp Pendleton, Calif., Oct. 25. Marines with VMM-165 helped support ground Marines with 1st Marine Battalion, 5th Regiment, in Tactical Rescue of Aircraft Personnel training. Above: Lance Cpl. Cody Underwood, an infantry assaultman with 1st Marine Battalion, 5th Regiment, and an Albia, Iowa, native, provides security during an insertion and extraction exercise aboard Marine Corps Base Camp Pendleton, Calif., Oct. 25. Right: Marines with 1st Marine Battalion, 5th Regiment, set up a perimeter during an insertion and extraction exercise aboard Marine Corps Base Camp Pendleton, Calif., Oct. 25. Ground Marines use the MV-22 Osprey to get in and out of a hostile environment in the least amount of time possible.

Video created by Lance Cpl. Maxwell Pennington

Click to watch video



# SMP holds Halloween costumed casino bash

Photos by Pfc. Raquel Barraza



Above: Cpl. Randy Alcorn, left, a crew chief with Marine Heavy Helicopter Squadron 465, 3rd Marine Aircraft Wing and a Logan Port, Ind., native, receives a prize for winning the funniest costume contest at the Single Marine Program Halloween aboard Marine Corps Air Station Miramar, Calif., Oct. 24. The other contests included scariest costume and most original costume.



Right: Marines pose on the Dance floor at the Single Marine Program Halloween Casino Bash aboard Marine Corps Air Station Miramar, Calif., Oct. 24. The costumed event featured free food games and raffles to all single or geo-bachelor Marines and sailors aboard the air station.



Above: A dealer takes bets during a game of Texas Hold'em at the Single Marine Program Halloween Casino Bash aboard Marine Corps Air Station Miramar, Calif., Oct. 24. Along with casino games, Marines could enter raffles and get free food provided by sponsors from the local community.

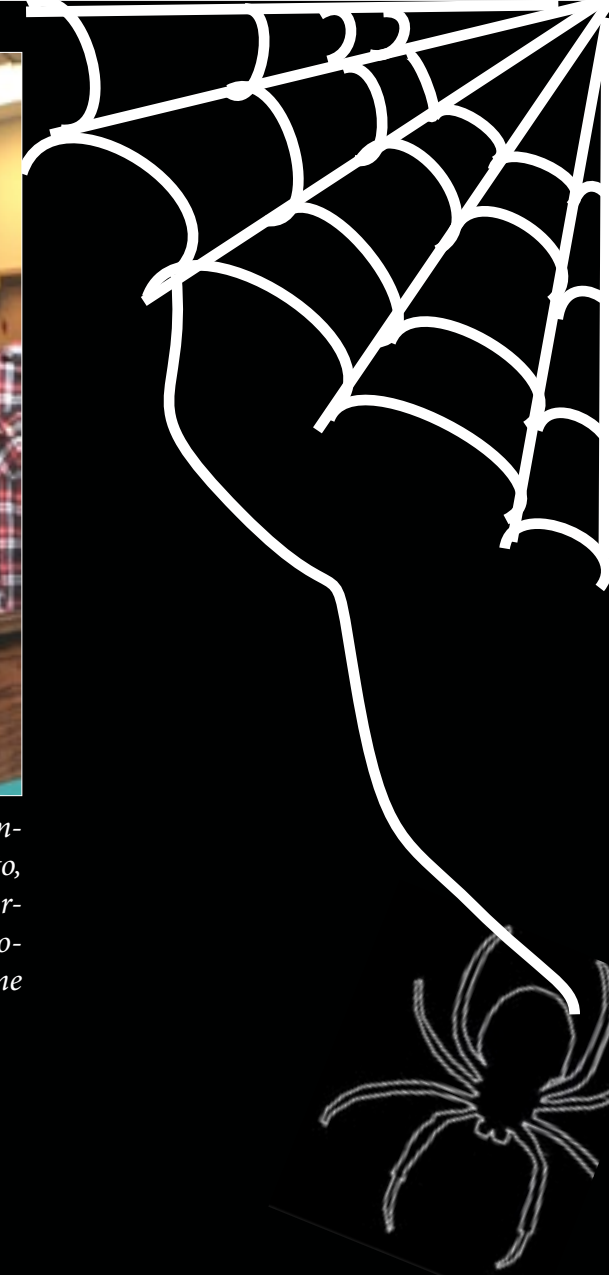


Above: Sgt. Bau Le, a supply officer with Combat logistics Company 11 and a Sacramento, Calif., native, looks to see what he rolled during a game of Craps at the Single Marine Program Halloween Casino Bash aboard Marine Corps Air Station Miramar, Calif., Oct. 24.



Above: Sgt. David Nadrchal, the Single Marine Program president and a Lake Havasu, Ariz., native, announces at the SMP Halloween Casino Bash aboard Marine Corps Air Station Miramar, Calif., Oct. 24.

Right: Staff Sgt. Joshua Gibbs, the enlisted advisor for the Single Marine Program and a Decatur, Ga., native, prepares to roll dice during a game of Craps at the SMP Halloween Casino Bash aboard Marine Corps Air Station Miramar, Calif., Oct. 24. The event was open to all single Marines and geo-bachelors of MCAS Miramar.





# Like father like son: Teen follows in dad’s footsteps and becomes Marine

Story and photos by Cpl. Isaac Lamberth

MARINE CORPS RECRUIT DEPOT SAN DIEGO – Newly minted Marines, lined in nice neat rows, stand at attention. They are men now, having passed the most difficult entry level training of any service. Having shed their boyish demeanors, they stand with a sense of pride and purpose. Among the dozens of rows of Marines, one stands a bit taller than the rest.

Pvt. Rudy Arrietta, a Marine graduate with Platoon 3066, Mike Company, 3rd Recruit Training Battalion, feels a sense of pride during his graduation. Somewhere in the crowd in front of him, watching, sits his father, a battle-hardened veteran of the Corps with nearly 30 years of service under his belt.

“It’s such a great feeling to have finally finished and joined my dad’s brotherhood,” said Rudy, a San Diego native.

On a bus heading for the depot straight out of high school, Rudy said he was very proud to follow in his father’s footsteps.

“Before he was just my dad, but now that I’m a Marine, I have more respect for him,” said Rudy. “I understand what he’s gone through and some of the things he’s done. I’m a part of this brotherhood and to me that brings us even closer together.”

Now that he has completed recruit training, Rudy will spend his leave with his father, Sgt. Maj. Rodolfo Arrietta, who has returned home on a rest and recuperation trip during a tour in Afghanistan. Rudolfo, the Sgt. Maj. for 3rd Marine Aircraft Wing (Forward), is currently deployed with the unit in Helmand province in southern Afghanistan. He timed his trip home so he could see his son graduate and be able to call him Marine.

“I deployed knowing he would graduate,” said Rudolfo. “I was going to try my hardest to come here and see him graduate. I’m very proud of my son for what’s he decided to do with his life and what the future holds for him.”

Walking off the parade deck next to each other, the father and son will spend the next week and a half with each other before Rudolfo returns to Afghanistan. Rudy will then head to Marine Combat Training at Marine Corps Base Camp Pendleton.

Upon completion of MCT he will report to Marine Detachment Fort George G. Meade, Md., to receive training to become a combat videographer.



*Brig. Gen. Daniel Yoo, left, the Marine Corps Recruit Depot San Diego commanding general, and Sgt. Maj. Rodolfo Arrietta, second from right, the 3rd Marine Aircraft Wing (Forward) sergeant major, and Maj. Gen. Gregg A. Sturdevant, right, the 3rd Marine Aircraft Wing (Forward) commanding general, stand with Pvt. Rudy Arrietta after his graduation from recruit training at Marine Corps Recruit Depot San Diego, Oct. 12. Sgt. Maj. Arrietta and Sturdevant returned from Afghanistan on a two-week trip for rest and recuperation and were able to see the new Marine graduate and follow in his father’s footsteps.*



*Marines with Platoon 3066, Mike Company, 3rd Recruit Training Battalion stand at attention ready to march and begin their graduation from Marine Corps Recruit Depot San Diego, Oct. 12.*

# Mack motivation Falcons player does extra to help team for playoffs



Story and photos by Pfc. Raquel Barraza

The Marine Corps Air Station Miramar Falcons have some of the best players on the West coast; the proof is in the Best of the West Championship trophy they won last year.

This year, the Falcons are working every day to ensure they take that trophy again, but it’s not just the training that helps them strive to be the best.

Sgt. Bryan Mack, a defensive tackle and Tacoma, Wash., native, is the defensive captain for the Falcons and aims to help his team earn gold.

“Being out here trying to keep up with my team is what motivates me,” said Mack.

This is Mack’s second year with the Falcons, so he knows how it feels to win a championship and wants nothing more than to share that experience with his team this year.

“It is a great feeling, winning the championship, and I just want the members who weren’t here last year to know what it feels like,” said

Mack.

Coaches with the Falcons also recognize Mack’s ability to motivate and lead others.

“Mack’s a natural leader,” said Master Sgt. Ross Blain, the head coach of the Falcons and Miami native. “He always has high energy which he passes on to the team.”

With his experience from last year, Mack brings a presence that is never questioned on the team.

“The team is going to lean heavily on his experience and lessons learned,” Blain said. “It’s a huge asset, and it gives him that credibility of the hard work and dedication it takes to earn the championship.”

The Falcons have less than a week before their first playoff game and, with the help of players like Mack, the Falcons believe they have a good shot at going to the championship again.



*Sgt. Bryan Mack, right, a defensive tackle and Tacoma, Wash., native, shows defense techniques to another player of the Marine Corps Air Station Miramar Falcons at the practice football field aboard MCAS Miramar, Calif., Oct. 24.*



*Left: Players with the Marine Corps Air Station Miramar Falcons practice a defensive play at the practice football field aboard MCAS Miramar, Calif., Oct. 24.*

*Left: Sgt. Bryan Mack, left, a defensive tackle and Tacoma, Wash., native, shows tackling techniques to another player of the Marine Corps Air Station Miramar Falcons at the practice football field aboard MCAS Miramar, Calif., Oct. 24.*



# MAG-16 holds spooktacular

Photos by Pfc. Raquel Barraza

Families enjoy themselves at the Marine Aircraft Group 16 Halloween Spooktacular aboard Marine Corps Air Station Miramar, Calif., Oct. 27. More than 200 Marines and their families attended the event.



Above: A Marine dressed as a clown waits to scare families in the haunted walk at the Marine Aircraft Group 16 Halloween Spooktacular aboard Marine Corps Air Station Miramar, Calif., Oct. 27. Upper right: Ana Lilia Luna, left, a face and body artist and a San Diego native, paints the face of Alanna Sulser, right, a child of a Marine and Jacksonville, Fla., native, at the Marine Aircraft Group 16 Halloween Spooktacular aboard Marine Corps Air Station Miramar, Calif., Oct. 27. Lower right: The Aguirremunoz family plays games at the Marine Aircraft Group 16 Halloween Spooktacular aboard Marine Corps Air Station Miramar, Calif., Oct. 27.



## First Lady of Marine Corps visits Marine Corps Air Station Miramar

Video by Master Sgt. Steven Williams



[Click to watch video](#)



# DON'T DRINK AND DRIVE

Video created by Flight Jacket Staff



[Click to watch video](#)

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## New female covers, a hit or miss? Give your input



*A Marine checks out her cover in a mirror. Marine Corps Systems Command is conducting a survey to find out what female Marines think about new dress and service covers or caps. (Marine Corps Base Quantico photo)*

Marine Corps Systems Command (MCSC) is conducting a survey to find out what female Marines think about new dress and service covers or caps. According to MCSC's Product Manager for Infantry Combat Equipment, the purpose of the survey is to obtain user feedback, and the acquired data will be used to formulate recommended changes to the current caps. All female Marines are invited to take the Improved Female Dress and Service Cap survey online at one of the links be-

Common Access Card (CAC) enabled users, please use this site:

<https://usmcsurveys.natick.army.mil/>

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**Riley, 11**  
pulmonary disease

**I wish to be a Marine**

**ENLIST** *in a*  
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